



kids kitchen inc

May 8, 2020

Hello “KIDS KITCHEN” Friends and Family!

Welcome to the “at home” edition of Kids Kitchen: Food, Fitness, Fun! Join with us as we connect, engage and share food and fitness activities to eat, think and be active at home for youth and families that promote health and wellness.

We are happy to offer your Excel Beyond the Bell (EBB) program in an online format. We encourage you to experience and enjoy these activities that have been planned for you. There are a variety of activities to explore each day of the week. Stay well, healthy and safe!

This week’s activities:

“RISE AND SHINE”

Online Fitness Session

<https://youtu.be/Fo0Mr0nOswk>

“It’s SNACK TIME”

Healthy Hummus

Cucumber Yogurt Dip

Video - <https://youtu.be/-tsuTdYS0Hw>

Video - <https://bit.ly/3bfzIIP>

Recipe - <https://bit.ly/3bfrkTn>

“DANCE PARTY FITNESS”

Alive with Five Song - <https://bit.ly/35CFY6d>

Healthy Body Song - <https://bit.ly/3b8O2Ne>

Just Do It - <https://bit.ly/2L6aTyf>

“It’s DINNER TIME”

Chicken Nuggets and Baked Fries

Cooking Video - https://youtu.be/LRG-fpw9A_Y

Recipe - <https://bit.ly/2yqdyjN>

“Eat the Rainbow” Lesson - <https://youtu.be/86VFsmqm3jc>